

# How to Become a Lifeguard & Swimming Instructor



**CANADA GAMES POOL**

65 East Sixth Avenue

New Westminister

604.526.4281

[www.newwestcity.ca](http://www.newwestcity.ca)



NEW WESTMINSTER

# Canada Games Pool is pleased to offer Junior Lifeguard Club, Bronze Medallion and Bronze Cross, as well as Red Cross Water Safety Instructor certification courses.

## How do I become a Lifeguard/ Swimming Instructor

Junior Lifeguard Club (optional)  
(10 - 14 years)

Bronze Medallion  
(13+ years, recommended 14 years)

Bronze Cross\*

Water Safety Instructor (WSI)  
(15+ years)

\*\*Standard First Aid

\*\*National Lifeguarding (NL)  
(16+ years)

\* Please note that skills and theory from Bronze Cross are carried over to N.L. and therefore we suggest minimizing the time between the two courses.

## Junior Lifeguard Club (JLC)

**Prerequisites: Must be 10 - 14 years of age and have a level 7 swimming ability of higher.**

JLC is about being part of a club and a team environment. Even though registration is 10 weeks long, club members are encouraged to continue joining every 10 weeks and remain an active club member. Members will learn about lifesaving, lifeguarding and first aid while improving their swimming skills in a fun environment. This course is also a great way to stay active after you are finished your swimming lesson levels and help prepare you for the Bronze Medallion & Bronze Cross courses. Members can also earn their Rookie, Regatta and Star Patrol awards.

## Bronze Medallion

**Prerequisites: Must be 13 years of age or older & swim at a CGP level 11 ability or Red Cross Level 10 (recommended).**

This 24 hour course teaches an understanding of the lifesaving principles, self-rescue techniques, defense and release methods and tows and carries in preparation for challenging rescues involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim. Bronze Medallion includes CPR-A certification. A course manual and pocket mask are included in the cost of the course. 100% attendance is mandatory.

## Bronze Cross & CPR-C

**Prerequisites: Must hold Bronze Medallion certification and be 13 years of age or older.**

This 24 hour advanced leadership course teaches lifesaving skills and includes CPR-C certification. 100 % attendance is mandatory.

*\*\*This course is worth two grade 11 high school credits\*\**

## Water Safety Instructor (WSI)

*\*\*This course is worth four grade 11 high school credits\*\**

There are three steps to the WSI course which include (separate registration and fee required for each part):

### WSI Stroke Proficiency Course (Optional)

**Prerequisites: Must be 15 years of age or older, hold a Bronze Cross certification and swim at a CGP level 11 ability or Red Cross Level 10.**

This optional four hour course gives candidates an opportunity to practice and improve their strokes to prepare them for the WSI Skill Screening course. Strokes practiced include: front crawl, back crawl, breast stroke, elementary back stroke and side stroke. Completion of this course prior to taking the WSI Skill Screening course is strongly recommended. This course is designed for WSI participants only.

### WSI Skill Screening for Course (Step 1)

**Prerequisites: Must be 15 years of age or older, hold a Bronze Cross certification and swim at a CGP Level 11 ability or Red Cross level 10. Completion of the WSI Stroke Proficiency Course (recommended).**

This required four hour course will evaluate candidates on swim strokes and Bronze Cross first aid and lifesaving skills. The strokes evaluated include front crawl, back crawl, breast stroke, elementary back stroke and side stroke. There is a one hour info session at the start of the course (parent participation is optional). All WSI course materials are included in the cost of this course.

*\*\*You must successfully complete the Skill Screening for WSI Course before registering for the WSI course.\*\**

\*\*Canada Games Pool does not offer NL or Standard First Aid at this time. Please visit the Lifesaving Society at 604.299.5450 or website for information on these courses.

[www.lifesaving.bc.ca](http://www.lifesaving.bc.ca)

### 3. WSI (Step 2)

**Prerequisites: Must be 15 years of age or older and pass the WSI Skill Screening Course.**

This course is designed to provide candidates with the knowledge and skills to teach the Red Cross Water Safety program. Students must complete an online component prior to the first day of class (14 - 20 hours of work). Students will then apply the knowledge learned from their online component to an eight hour co-teach component before moving on to 21 hours of pool and classroom sessions.



### Standard First Aid (SFA)

This 16 hour course trains rescuers in the skills and knowledge needed to assess and provide basic life support to patients with airway, breathing, or circulatory emergencies as well as how to manage medical, musco-skeletal and environmental emergencies. This course includes AED training and CPR-C certification.

Please visit the Lifesaving Society website for course information at [www.lifesaving.bc.ca](http://www.lifesaving.bc.ca).



### National Lifeguard Pool Option (NL)

**PREREQUISITE: 16 years & older. Bronze Cross & Standard First Aid Certification (recommended current within two years).**

This 44 hour course is designed to develop the fundamental values, judgement, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision making process which will assist the lifeguard to provide effective safety supervision in swimming pool environments.

*\*\*This course is worth two grade 12 high school credits.\*\**

Please visit the Lifesaving Society website for course information at [www.lifesaving.bc.ca](http://www.lifesaving.bc.ca).

Please see a cashier for a course schedule.

## CANADA GAMES POOL

65 East Sixth Avenue • New Westminster • 604.526.4281

Monday - Friday ..... 6:00 am - 9:30 pm

Saturday ..... 8:00 am - 8:00 pm

Sunday ..... 8:00 am - 9:30 pm



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